



## **Shelby County School System Trend Report CSH Overview Summary**

The following information is a summary of CSH activities and accomplishments since the formation of CSH in 2007.

### **CSH Infrastructure Established**

An infrastructure for CSH has been developed for the Shelby County School System that includes:

- School Health Advisory Committee
- Fifty-one Healthy School Teams plus our 2 alternative school sites
- School Health Policies strengthened or approved include diabetes management, life-threatening allergy policy, wellness policy and procedure being reviewed, guidelines for students who are ill, and heat and cold guidelines
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$417,634.84.

Community partnerships have been formed to address school health issues. Current partners include:

- |   |   |
|---|---|
| ➤ Let's Change Coalition (Shelby County Collaborative initiative) | ➤ SAVE (School Advocates for Vision in Education) |
| ➤ Healthy Memphis Common Table                                    | ➤ Southern College of Optometry                   |
| ➤ Juvenile Court Foster Care Review Board                         | ➤ University of Memphis College of Nursing        |
| ➤ PACE—Partnerships for Active Community Environments             | ➤ University of Memphis Health Promotion Program  |
| ➤ TNCEP/EFNEP (UT and TSU Extension)                              | ➤ Southwest Tennessee Community College           |
| ➤ Shelby County Health Department                                 | ➤ Memphis Dietetic Association                    |
| ➤ Healthy Kids and Teens  | ➤ Alliance for a Healthier Generation             |
|   | ➤ American Heart Association                      |
|   | ➤ Pfizer  |
|   | ➤ Novartis  |
|   | ➤ Merck   |

### **Parent and Student Involvement Developed**

Parents are involved in numerous CSH activities that include school health screenings, nutrition education seminars and displays, health fairs, parent volunteers for field days, and carnivals. Currently 1382 parents are collaborating with CSH.

Students have been engaged in CSH activities that include health education delivery to feeder school students, health fairs, walk-a-thons, field days, and healthy fundraising campaigns. Approximately 11,000 students are partnering with CSH to address school health issues.

### School Health Interventions

Since CSH has been active in the Shelby County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers have increased due to improved data collection and notification procedures;

2009-10

Screening Assessment	# Screened	# Referred	Referral rate
Body Mass Index	15,137	5,529	33%
Dental (optional)	1,493	428	29%
Hearing	14,337 (preK, 2 <sup>nd</sup> , 4 <sup>th</sup> , 6 <sup>th</sup> , 8 <sup>th</sup> )	1,060	9%
Vision	10,525 (preK, 2 <sup>nd</sup> , 4 <sup>th</sup> , 6 <sup>th</sup> , 8 <sup>th</sup> )	1,709	16%
BP	5, 539	None documented— rechecks conducted at schools	**

2010-11

Screening Assessment	# Screened	# Referred	Referral rate
Body Mass Index	17,647	3,870	21%
Hearing	14,736 (preK, 2 <sup>nd</sup> , 4 <sup>th</sup> , 6 <sup>th</sup> , 8 <sup>th</sup> )	1,060	2.6%
Vision	10,525 (preK, 2 <sup>nd</sup> , 4 <sup>th</sup> , 6 <sup>th</sup> , 8 <sup>th</sup> )	1,709	10.5%
BP	17,463	449	2.6%

Students have been seen by a school nurse and returned to class total 42,161 visits to a school nurse with 29,966 students being returned to class. This represents a 71% return to class.

BMI data has been collected that shows the severity of the childhood obesity epidemic in Shelby County by school;

BMI table by school for 2010-11 and 2009-10

BMI 2010/2011	# students screened with BMI out of normal range	Total # students screened	% Overweight /AtRisk/ Obese	BMI 2009/2010	# students screened with BMI out of normal range	Total # students screened	% Over weight/ AtRisk/ Obese
Altruria Elementary	123	313	39	Altruria Elementary	149	361	41
Appling Middle	162	317	51	Appling Middle	190	452	42
Arlington Elementary	126	389	32	Arlington Elementary	92	318	29
Arlington High	136	415	33	Arlington High	49	458	10
Arlington Middle	200	603	33	Arlington Middle	236	640	37
Bailey Station	107	414	26	Bailey Station	146	426	34
Barrets Elementary	45	125	36	Barrets Elementary	33	98	33
Bartlett Elementary	140	344	41	Bartlett Elementary	97	233	41
Bartlett High	107	249	43	Bartlett High	143	310	46
Bolton High	198	472	42	Bolton High	203	484	41
Bon Lin Elementary	no data in PS			Bon Lin Elementary			39
Bon Lin Middle	150	382	39	Bon Lin Middle	151	374	40
Chimneyrock Elementary				Chimneyrock Elementary	164	478	34
Collierville Elementary	103	349	29	Collierville Elementary	106	319	33
Collierville High	no data in PS			Collierville High	128	424	30
Collierville Middle	141	394	36	Collierville Middle	181	511	35
Crosswind Elementary	113	361	31	Crosswind Elementary			
Dexter Elementary	118	308	38	Dexter Elementary	135	296	46
Dexter Middle	115	273	42	Dexter Middle	112	286	39
Dogwood Elementary	68	242	28	Dogwood Elementary	89	302	29
Donelson Elementary	91	274	33	Donelson Elementary	68	255	27
E.A. Harrold elementary	84	186	45	E.A. Harrold elementary	88	206	43
E.E. Jeter				E.E. Jeter			
Ellendale elementary	84	220	38	Ellendale elementary	87	238	37
Elmore Park Middle	160	354	45	Elmore Park Mid	146	371	39

Farmington Elementary	82	315	26	Farmington Elementary			
Germantown Elementary	92	310	30	Germantown Elementary	184	297	62
Germantown High	no data in PS			Germantown High	106	304	36
Germantown Middle	136	373	36	Germantown Middle	109	300	36
Highland Oaks Elementary	222	462	48	Highland Oaks Elementary			
Highland Oaks Middle	202	410	49	Highland Oaks Middle	258	550	47
Houston High	91	384	24	Houston High	117	396	30
Houston Middle	116	409	28	Houston Middle	84	275	31
Lakeland Elementary	120	403	30	Lakeland Elementary	93	411	22
Lowrance Elementary	vision only			Lowrance Elementary			
Lucy Elementary	111	280	40	Lucy Elementary	97	257	38
Macon-Hall Elementary	119	405	29	Macon-Hall Elementary			
Millington Elementary	129	311	41	Millington Elementary	106	278	38
Millington High	107	244	44	Millington High	65	141	46
Millington Middle	101	215	47	Millington Middle	146	309	47
Mt. Pisgah Middle	213	508	42	Mt. Pisgah Middle	103	280	37
Northaven	93	200	47	Northaven	113	219	52
Oak Elementary	83	238	35	Oak Elementary	74	233	32
Rivercrest Elementary	71	387	18	Rivercrest Elementary	123	392	31
Riverdale Elementary	165	575	29	Riverdale Elementary	164	532	31
Schilling Farms	118	367	32	Schilling Farms	182	527	35
Shadowlawn Middle	244	502	49	Shadowlawn Middle	193	482	40
Southwind Elementary	128	360	36	Southwind Elementary	137	353	39
Southwind High	195	400	49	Southwind High	161	408	40
Sycamore Elementary	no data in PS			Sycamore Elementary	48	154	31
Tara Oaks Elementary	100	414	24	Tara Oaks Elementary			
Woodstock Middle	142	308	46	Woodstock Middle	111	258	43

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include Wii game consoles and support bundles for active gaming for 15 schools, and specialty physical activity equipment that increases inclusion of students who would not typically participate in physical education courses;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include memberships to NASN, AAHPERD, TAHPERD conferences, local in-service training on concussion prevention, Take 10!, Michigan Model, stress management, increasing physical activity, how to teach nutrition to kids, and how to teach nutrition education, and many others;

School faculty and staff have received support for their own well-being through Biggest Loser campaigns sponsored by Cigna, Employee Benefits, Coordinated School Health, district-wide health fairs, health screenings for staff, staff Family Care Centers, Making the Grade with Healthy Habits health prevention campaign, and fitness classes at Central Office and schools.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – textbooks available to all schools, health education facilitators for middle school comprehensive health education, Michigan Model for wellness classes to supplement curriculum, and special seminars K-12;
- Physical Education/Physical Activity Interventions – schools in Shelby County utilize a variety of resources and interventions which include: Take 10! (K-5), teacher directed physical education, Michigan Model, health education facilitators for middle school health for all students, BlueCross BlueShield Walking Works for schools, Walk across TN, Jammin' Minute, before/after school running club programs, Health and Fitness Parent Nights.
- Nutrition Interventions – virtual cafeteria and Shelby County Schools Nutrition Services website; Nutrition Nuggets and Teen, Food and Fitness newsletters for schools to distribute or post to their websites for parents;
- Mental Health/Behavioral Health Interventions – training by our counseling department on mental health 101, suicide prevention, bullying prevention, child abuse reporting, and suspicion training.

In such a short time, CSH in the Shelby County School System has made significant contributions to the well-being of our students and staff, which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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